

Bemidji State University Gillett Wellness Center Fitness Classes Spring Semester Schedule (MARCH 1-31, 2019)

Monday	Tuesday	Wednesday	Thursday	Friday
YOGA 4:45-5:45PM SHARON		YOGA 4:45-5:45PM SHARON		
KETTLEBELLS 4:00-4:45PM BRANDON (no class 3/11)	KETTLEBELLS 4:00-4:45PM BRANDON (no class 3/12)	KETTLEBELLS 4:00-4:45PM BRANDON (no class 3/13)	KETTLEBELLS 4:00-4:45PM BRANDON (no class 3/14)	YOGA 4:30-5:30PM SHARON (no class 3/1)
	PILIATES CORE STRENGTH 5:00-5:45PM BRANDON TRX ROOM (no class 3/12)	STRENGTH 5:00-5:45PM ANGIE TRX ROOM (no class 3/27)	PILIATES CORE STRENGTH 5:00-5:45PM BRANDON TRX ROOM (no class 3/14)	
ZUMBA 6:00-7:00PM MADISON (no class 3/11)		ZUMBA 6:00-7:00PM MADISON (no class 3/13)		SPA NIGHT YOGA 5:00-6:15PM ANGIE (class held 3/1)
KETTLEBELLS 6:10-7:00PM BRANDON (no class 3/11)	KETTLEBELLS 6:10-7:00PM BRANDON (no class 3/12)	KETTLEBELLS 6:10-7:00PM BRANDON (no class 3/13)	KETTLEBELLS 6:10-7:00PM BRANDON (no class 3/14)	KETTLEBELLS 6:10-7:00PM BRANDON (no class 3/15)

- **FITNESS MEMBERSHIP** – BSU/NTC Student/FREE, Rec. Mem./\$65, Non-Mem./\$105, Individual Class/\$7, Punch Card = \$63
- **ALL** scan and sign-in prior to each class/Classes close 5 minutes after they begin – no exceptions.
- **Group Fitness Members ONLY; be sure to try out our Fitness on Demand Classes.** Classes are not lead by a live instructor. You will be responsible for getting any necessary equipment and we ask you please put items away at the conclusion of the class. We have hundreds of classes to choose from which you are more than welcome to do if the studio is available. To learn how to operate the Kiosk please ask the front desk attendant.